



Crediting Cookies in the After-School Snack Program

Additional Considerations

In addition to the crediting criteria specified on pages 3-6, cookies must also meet the following requirements to be creditable as a grains/breads component.

- Dessert-type items (including cookies) may not be served at snack more than **two times** per week.



List of Creditable Cookies for the After-School Snack Program

This list indicates whether a cookie may be served to meet the grains/breads component. The “Creditable” column indicates “Yes,” the product is creditable, “No,” the product is **not** creditable, or “NR,” the product is not recommended (see footnote 5). Of the creditable cookies listed, sponsors are encouraged to choose those varieties which are lower in fat, sugar and sodium. *If a cookie is not on this list, determine crediting information by completing the worksheet on page 10.*

Product Name and Manufacturer	Manufacturer's Serving Information				After-School Snack Program Serving Information		
	Number of Cookies and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Almond Crescents, <i>Salerno</i>	3 (31 g)	6	10	105	Yes ¹	3	4
Almond Toast Cookies, <i>Stella D'Oro</i>	2 (29 g)	2.5	10	85	Yes ¹	2	3
Almond Windmills, <i>Shaw's</i>	3 (35 g)	6	9	100	Yes ³	3	6
Almonette Cookies, <i>Voortman</i>	2 (22 g)	6	5	45	Yes ¹	2	3
Alyce's Mint Creme Patties, <i>Salerno</i>	2 (24 g)	7	10	60	NR ⁵		
Angel Wings, <i>Stella D'Oro</i>	2 (25 g)	9	3	80	Yes ¹	2	3
Anginetti Cookies, <i>Stella D'Oro</i>	4 (31 g)	4	17	10	NR ⁵		
Anisette Sponge, <i>Stella D'Oro</i>	2 (27 g)	1	9	80	Yes ¹	2	3
Anisette Toast, <i>Stella D'Oro</i>	3 (35 g)	1	16	150	Yes ¹	2	3
Apple Cinnamon Fruit Filled Cobblers, <i>Nabisco</i>	1 (23 g)	0	8	45	Yes ³	2	3
Apple Filled Oatmeal, <i>Archway</i>	1 (28 g)	3	14	105	Yes ³	2	3
Apple Fruit Bars, Fat Free, <i>Famous Amos</i>	2 (29 g)	0	12	60	Yes ³	3	5
Apple Fruit Bars, Fat Free, <i>Stop & Shop</i>	2 (36 g)	0	13	150	Yes ³	2	4
Apricot Filled, <i>Archway</i>	1 (28 g)	4	9	90	Yes ³	2	3
Arrowroot Biscuits, <i>Peek Freans</i>	4 (34 g)	4	7	80	Yes ¹	2	4
Arrowroot Biscuits, <i>Nabisco</i>	1 (5 g)	0.5	1	15	Yes ¹	4	7
Arrowroot Biscuit, <i>National</i>	1 (5 g)	0.5	1	15	Yes ¹	4	7
Assorted Cremes, <i>Murray</i>	3 (28 g)	6	9	105	Yes ³	3	6
Assorted Cremes Sandwich Cookies, <i>Peek Freans</i>	2 (28 g)	6	9	50	Yes ³	3	5

¹ Product is found in Group C of “Serving Sizes for Grains/Breads in the After-School Snack Program” (see page 5).

² Product is found in Group D of “Serving Sizes for Grains/Breads in the After-School Snack Program” (see page 5).

³ Product is found in Group E of “Serving Sizes for Grains/Breads in the After-School Snack Program” (see page 6).

⁴ The label does not indicate that the product contains whole-grain or enriched flour or meal and/or bran or germ.

⁵ Product is not recommended when first ingredient is not whole-grain or enriched flour or meal and/or bran or germ. When another ingredient (e.g., sugar or chocolate) is listed first, it is difficult to ensure that a sufficient quantity of grains/breads is provided in the serving size.



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	Number of Cookies and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Assorted Sandwich Creme Cookies, <i>America's Choice</i>	1 (17 g)	4	7	80	Yes ³	2	4
Assorted Sandwich Creme Cookies, <i>Stop & Shop</i>	2 (26 g)	4.5	7	75	Yes ³	3	5
Bordeaux Chocolate, <i>Pepperidge Farm</i>	3 (32 g)	9	8	95	NR ⁵		
Bordeaux Plain, <i>Pepperidge Farm</i>	4 (28 g)	5	12	95	Yes ¹	3	5
Breakfast Treats, <i>Stella D'Oro</i>	1 (23 g)	3	7	80	Yes ¹	1	2
Breakfast Treats, Chocolate, <i>Stella D'Oro</i>	1 (23 g)	3.5	7	70	Yes ¹	1	2
Brussels Mint, <i>Pepperidge Farm</i>	3 (35 g)	10	13	100	NR ⁵		
Brussels Plain, <i>Pepperidge Farm</i>	3 (30 g)	7	11	80	NR ⁵		
Butter Cookies, <i>Keebler</i>	5 (32 g)	6	6	170	Yes ¹	3	5
Butter Cookies, Mini, <i>Salerno</i>	25 (30 g)	6	6	125	Yes ¹	14	26
Butter Finger Cookies, <i>Delicious</i>	3 (28 g)	9	8	115	Yes ³	4	7
Butter Flavored Cookies, <i>Sunshine</i>	5 (31 g)	6	7	135	Yes ¹	3	5
Butter Thins, <i>Delicious</i>	10 (29 g)	5	10	110	Yes ¹	6	11
Caco Chocolate Sandwich, <i>Bud's Best</i>	7 (30 g)	6	9	110	NR ⁵		
Cameo Creme Sandwich, <i>Nabisco</i>	2 (28 g)	5	10	105	Yes ³	3	5
Chesapeake (Chocolate Chunk Pecan), <i>Pepperidge Farm</i>	1 (26 g)	8	7	100	Yes ³	2	3
Chessmen Butter, <i>Pepperidge Farm</i>	3 (26 g)	5	5	80	Yes ¹	2	4
Chip-A-Roos, <i>Sunshine</i>	2 (27 g)	7	9	115	Yes ³	3	5
Chips Ahoy, <i>Nabisco</i>	3 (32 g)	8	10	105	Yes ³	3	6
Chips Ahoy Bite Size, <i>Nabisco</i>	14 (31 g)	8	9	110	Yes ³	14	29
Chips Ahoy Chewy, <i>Nabisco</i>	2 (27 g)	6	9	125	Yes ³	3	5
Chips Ahoy Chunky, <i>Nabisco</i>	1 (17 g)	4	7	50	NR ⁵		
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	Number of Cookies and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Chips Ahoy Reduced Fat, <i>Nabisco</i>	3 (32 g)	6	10	160	Yes ³	3	6
Chips Deluxe, <i>Keebler</i>	1 (15 g)	4.5	4	60	Yes ³	3	5
Chips Deluxe Chocolate Chewy, <i>Keebler</i>	2 (28 g)	7	9	75	Yes ³	3	5
Chips Deluxe Chocolate Lovers, <i>Keebler</i>	1 (17 g)	5	6	80	Yes ³	2	4
Chips Deluxe Coconut, <i>Keebler</i>	1 (16 g)	5	5	50	Yes ³	2	4
Chips Deluxe Rainbow, <i>Keebler</i>	1 (16 g)	4	5	45	Yes ³	2	4
Chips Deluxe Reduced Fat, <i>Keebler</i>	1 (15 g)	3	4	70	Yes ³	3	5
Chips Deluxe Soft 'n Chewy, <i>Keebler</i>	1 (15 g)	3.5	5	60	Yes ³	3	5
Chips Deluxe with Peanut Butter Cup, <i>Keebler</i>	1 (16 g)	4.5	5	45	Yes ³	2	4
Choco Chip Creme Filled Snack Cakes, <i>Bishop's</i>	1 (33 g)	7	12	115	Yes ³	1	2
Choco Star, <i>Bahlsen</i>	3 (31 g)	12	12	25	NR ⁵		
Chocolate Chip, <i>Archway</i>	1 (28 g)	6	8	150	Yes ³	2	3
Chocolate Chip, <i>Cookie Shoppe</i>	2 (32 g)	5	8	160	Yes ³	2	4
Chocolate Chip, <i>Famous Amos</i>	4 (30 g)	6	11	100	Yes ³	5	9
Chocolate Chip, <i>Marietta's</i>	2 (28 g)	6	7	105	Yes ³	3	5
Chocolate Chip, <i>Pepperidge Farm</i>	3 (28 g)	7	9	65	Yes ³	4	7
Chocolate Chip, <i>Shaw's</i>	3 (35 g)	9	12	90	Yes ³	3	6
Chocolate Chip, <i>Stop & Shop</i>	3 (35 g)	9	12	90	Yes ³	3	6
Chocolate Chip, <i>Sun Glory</i>	5 (31 g)	7	8	125	Yes ³	5	11
Chocolate Chip, <i>Breaktime, Dare</i>	4 (30 g)	7	9	210	Yes ³	5	9
Chocolate Chip and Pecan, <i>Famous Amos</i>	4 (30 g)	7	7	90	Yes ³	5	9
Chocolate Chip Bite Size, <i>Bud's Best</i>	6 (29 g)	6	9	65	Yes ³	7	14
Chocolate Chip, <i>Homestyle, Nugget</i>	2 (31 g)	7	21	92	Yes ³	2	5
Chocolate Chip Icebox, <i>Archway</i>	1 (28 g)	7	9	80	Yes ³	2	3
Chocolate Chip 'n Toffee Gourmet, <i>Archway</i>	1 (29 g)	7	9	120	Yes ³	2	3

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	Number of Cookies and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Chocolate Chip Soft & Chewy, <i>Stop & Shop</i>	1 (20 g)	5	6	75	Yes ³	2	4
Chocolate Chip Soft Batch, <i>Keebler</i>	1 (16 g)	3.5	6	70	Yes ³	2	4
Chocolate Chips Thins Cookies, <i>Delicious</i>	10 (29 g)	4	5	110	Yes ³	11	22
Chocolate Chocolate Chip Soft & Chewy, <i>Stop & Shop</i>	1 (20 g)	5	6	75	Yes ³	2	4
Chocolate Chunk Soft Baked, <i>Pepperidge Farm</i>	1 (26 g)	6	9	35	Yes ³	2	3
Chocolate Chunk Soft Baked Reduced Fat, <i>Pepperidge Farm</i>	1 (26 g)	4.5	9	80	Yes ³	2	3
Chocolate Creme Sandwich, <i>Price Chopper</i>	3 (35 g)	6	13	130	Yes ³	3	6
Chocolate Creme Sandwich, Reduced Fat, <i>Peek Freans</i>	2 (26 g)	2.5	11	220	Yes ³	3	5
Chocolate Cremes, Murray	3 (28 g)	6	9	110	Yes ³	4	7
Chocolate Fudge Mint, Fat Free, <i>Pepperidge Farm</i>	1 (18 g)	0	7	60	NR ⁵		
Chocolate Mint Creme Sandwich Cookies, <i>Stop & Shop</i>	3 (33 g)	6	12	100	Yes ³	3	6
Chocolate Sandwich Cookies, <i>Famous Amos</i>	3 (32 g)	8	12	105	NR ⁵		
Chocolate Sandwich Cookies, <i>Stop & Shop</i>	3 (33 g)	6	12	100	Yes ³	3	6
Chocolate Sandwich Cookies Creme Filled, <i>Shaw's</i>	3 (33 g)	6	12	140	Yes ³	3	6
Chocolate Wafers, Reduced Fat, <i>Keebler</i>	8 (31 g)	3.5	11	170	Yes ¹	5	9
Chocolatey Chip Animal Cookies, <i>Keebler</i>	7 (29 g)	4.5	6	120	Yes ³	8	16
Cinnamon Honey Hearts, Fat Free, <i>Archway</i>	3 (28 g)	0	13	120	Yes ¹	2	4
Classic Collection Chocolate Fudge Crème Sandwich, <i>Keebler</i>	1 (17 g)	3.5	6	75	Yes ³	2	4
Classic Collection French Vanilla Crème Sandwich, <i>Keebler</i>	1 (17 g)	3.5	6	65	Yes ³	2	4

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	Number of Cookies and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Classic Collection Hearty Oatmeal, <i>Keebler</i>	2 (30 g)	8	8	150	Yes ¹	3	5
Classic Collection Plentiful Peanut Butter, <i>Keebler</i>	2 (30 g)	9	10	150	Yes ¹	2	3
Classic Collection Sparkling Sugar, <i>Keebler</i>	2 (28 g)	7	9	150	Yes ¹	2	3
Coconut Cookies, <i>Keebler</i>	1 (16 g)	5	5	45	Yes ³	2	4
Coconut Cookies, <i>Marietta's</i>	2 (28 g)	6	10	65	Yes ³	3	5
Coconut Cookies, Breaktime, <i>Dare</i>	4 (30 g)	6	11	100	Yes ³	5	9
Coconut Bars, <i>Sun Glory</i>	4 (30 g)	5	7	130	Yes ³	5	9
Coconut Macaroons, <i>Archway</i>	1 (23 g)	5	9	55	Yes ³	2	3
Coffee Creme, <i>Peek Freans</i>	2 (30 g)	7	11	70	Yes ³	3	5
Cookie Jar Hermits, <i>Archway</i>	1 (28 g)	3	9	160	Yes ³	2	3
Cookie Monster Cookies, Sesame Street, Chocolate and Vanilla, <i>Keebler</i>	19 (30 g)	4.5	8	150	Yes ¹	11	20
Cookie Monster Cookies, Sesame Street, Chocolate Chip, <i>Keebler</i>	4 (29 g)	8	8	80	Yes ³	5	9
Creme Sandwich Cookie, Lower Fat, <i>Stop & Shop</i>	2 (25 g)	2.5	11	70	Yes ³	3	6
Creme Sandwich, Reduced Fat, <i>Peek Freans</i>	2 (26 g)	2.5	10	105	Yes ³	3	5
Date Filled Oatmeal, <i>Archway</i>	1 (28 g)	4	15	120	Yes ³	2	3
Devils Food Cookies, Fat Free, <i>Archway</i>	1 (24 g)	0	9	105	Yes ³	4	8
Distinctive Selection, <i>Pepperidge Farm</i>	3 (28 g)	7	9	85	Yes ³	2	4
Double Chocolate Fudge Fat Free, <i>Pepperidge Farm</i>	1 (18 g)	0	7	60	NR ⁵		
Double Chocolate Lace Fat Free, <i>Greenfield</i>	1 (18 g)	0	8	55	Yes ³	2	4
Dream Creams Yogurt Cream Wafers, <i>Frookie</i>	4 (31 g)	10	12	35	NR ⁵		
Duplex Cremes, Murray	3 (28 g)	6	9	105	Yes ³	4	7
Duplex Cremes, <i>Valutime</i>	1 (17 g)	4	7	80	Yes ³	2	4
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Duplex Sandwich Creme Cookies, <i>Stop & Shop</i>	2 (26 g)	4.5	7	75	Yes ³	3	5
Dutch Apple Fat Free, <i>Greenfield</i>	1 (18 g)	0	8	45	Yes ¹	1	2
Dutch Cocoa, <i>Archway</i>	1 (28 g)	4	13	110	Yes ¹	1	2
Egg Jumbo, <i>Stella D'Oro</i>	2 (24 g)	1	9	60	Yes ¹	2	3
E.L. Fudge, Butter Sandwich with Fudge Creme, <i>Keebler</i>	2 (25 g)	6	7	70	Yes ³	3	6
E.L. Fudge, Chocolate Sandwich with Vanilla Creme, <i>Keebler</i>	2 (25 g)	6	5	90	NR ⁵		
E.L. Fudge, Fudge Sandwich with Fudge Creme, <i>Keebler</i>	2 (25 g)	6	7	70	Yes ³	3	6
Famous Chocolate Wafers, <i>Nabisco</i>	5 (32 g)	4	10	230	Yes ¹	3	6
Fig Bars, <i>Stop & Shop</i>	2 (33 g)	3	14	55	Yes ³	2	4
Fig Bars, Fat Free, <i>Famous Amos</i>	2 (29 g)	0	11	80	Yes ³	3	5
Fig Bars, Old-Fashioned, <i>Fireside</i>	2 (33 g)	2	16	140	Yes ³	2	4
Fig Fruit Bars, Fat Free, <i>Stop & Shop</i>	2 (36 g)	0	13	100	Yes ³	2	4
Fig Newtons, <i>Nabisco</i>	2 (31 g)	2.5	13	120	Yes ³	2	5
Fig Newtons, Apple Fat Free, <i>Nabisco</i>	2 (29 g)	0	14	60	Yes ³	3	5
Fig Newtons, Fat Free, <i>Nabisco</i>	2 (29 g)	0	15	115	Yes ³	3	5
Fig Newtons, Raspberry Fat Free, <i>Nabisco</i>	2 (29 g)	0	14	115	Yes ³	3	5
Fig Newtons, Strawberry Fat Free, <i>Nabisco</i>	2 (29 g)	0	16	115	Yes ³	3	5
Finger Cookies, Super K Mart, <i>The Delicious Frookie Co., Inc.</i>	10 (29 g)	5	10	110	Yes ¹	6	11
Fondant, <i>LU</i>	4 (32 g)	8	10	5	NR ⁵		
Frookie Dream Cremes, <i>Frookie Inc.</i>	4 (31 g)	10	12	35	NR ⁵		
Frookie Oatmeal Raisin Fat Free, <i>R.W. Frookie Inc.</i>	2 (30 g)	0	10	110	No ⁴		

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Frookie Raspberry Fruitins, <i>R.W. Frookie Inc.</i>	2 (30 g)	.5	12	75	NR ⁵		
Fruit & Grain Cereal Bars, <i>Kingston</i>	1 (37 g)	3	12	60	Yes ³	1	2
Fruit & Grain Cereal Bars, Apple Cinnamon, <i>Stop & Shop</i>	1 (37 g)	3	12	60	Yes ³	1	2
Fruit & Grain Cereal Bars, Blueberry, <i>Stop & Shop</i>	1 (37 g)	3	12	60	Yes ³	1	2
Fruit & Grain Cereal Bars, Raspberry, <i>Stop & Shop</i>	1 (37 g)	3	12	60	Yes ³	1	2
Fruit & Grain Cereal Bars, Strawberry, <i>Stop & Shop</i>	1 (37 g)	3	12	60	Yes ³	1	2
Fruit & Oatmeal Bar, Apple Cinnamon, <i>Quaker</i>	1 (37 g)	3	16	85	Yes ³	1	2
Fruit & Oatmeal Bar, Blueberry, <i>Quaker</i>	1 (37 g)	3	15	120	Yes ³	1	2
Fruit & Oatmeal Bar, Very Berry, <i>Quaker</i>	1 (37 g)	2.5	15	113	Yes ³	1	2
Fruit Bar, <i>Archway</i>	1 (28 g)	0	11	95	Yes ³	2	3
Fruit Bar, Apple, <i>Kingston</i>	1 (18g)	0	7	70	Yes ³	2	4
Fruit Bar, Blueberry, <i>General Henry Biscuit Co.</i>	1 (20 g)	1.5	7	80	Yes ³	2	2
Fruit Bar, Blueberry, <i>Stauffer</i>	1 (37 g)	3.5	11	55	Yes ³	1	2
Fruit Bar, Apple, <i>Stop & Shop</i>	2 (36 g)	0	13	150	Yes ³	2	4
Fruit Bar, Fat Free Strawberry, <i>Famous Amos</i>	2 (29 g)	0	13	50	Yes ³	3	5
Fruit Booster Cereal Bars, <i>Sunbelt</i>	1 (37 g)	2	18	70	Yes ³	1	2
Fruit Creme, <i>Peek Freans</i>	2 (27 g)	5	10	35	Yes ³	3	5
Fruitful Apricot Raspberry Cup, <i>Pepperidge Farm</i>	3 (32 g)	6	10	110	Yes ³	3	6
Fruitful Cherry Cobbler, <i>Pepperidge Farm</i>	1 (16 g)	2	11	55	Yes ³	2	4
Fruitful Raspberry Tart, <i>Pepperidge Farm</i>	2 (30 g)	3	11	115	Yes ³	3	5
Fruitful Strawberry Cup, <i>Pepperidge Farm</i>	3 (32 g)	2	20	105	Yes ³	3	6
Fudge Chocolate Creme Sandwich Cookies, <i>Stop & Shop</i>	3 (33 g)	6	12	100	Yes ³	3	6

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Fudge Covered Grahams, <i>Nabisco</i>	3 (28 g)	7	10	105	Yes ³	4	7
Fudge Creme Sandwich Cookie, Lower Fat, <i>Stop & Shop</i>	2 (25 g)	3	8	100	Yes ³	3	6
Fudge Dipped Mini Butter Stripes, <i>Salerno</i>	17 (30 g)	7	8	90	Yes ³	18	36
Fudge Shoppe Deluxe Grahams, Fudge Covered, <i>Keebler</i>	3 (28 g)	7	10	105	Yes ³	4	7
Fudge Shoppe Deluxe Grahams, Fudge Covered, Reduced Fat, <i>Keebler</i>	3 (26 g)	5	11	130	Yes ¹	1	2
Fudge Shoppe Fudge Sticks, <i>Keebler</i>	3 (29 g)	8	15	55	NR ⁵		
Fudge Shoppe Fudge Stripes, <i>Keebler</i>	3 (32 g)	8	10	140	Yes ³	3	5
Fudge Shoppe Fudge Stripes, Reduced Fat, <i>Keebler</i>	3 (27 g)	4.5	11	160	Yes ³	4	7
Fudge Shoppe Grasshoppers, <i>Keebler</i>	4 (30 g)	7	12	70	NR ⁵		
Fudge Shoppe S'mores, <i>Keebler</i>	3 (33 g)	8	12	95	NR ⁵		
Geneva, <i>Pepperidge Farm</i>	3 (31 g)	9	8	105	NR ⁵		
Gingerbread Elves Holiday Cookies, <i>Keebler</i>	5 (32 g)	6	8	150	Yes ¹	3	5
Ginger Cookies, Homestyle, <i>Little Debbie</i>	1 (21 g)	3	8	60	Yes ¹	1	2
Ginger Crisp, <i>Peek Freans</i>	4 (34 g)	4	11	65	Yes ¹	2	4
Ginger Man, <i>Pepperidge Farm</i>	4 (27 g)	3.5	11	95	Yes ¹	3	6
Ginger Snaps, <i>Archway</i>	5 (30 g)	5	12	110	Yes ¹	3	6
Ginger Snaps, <i>IGA</i>	5 (33 g)	5	9	115	Yes ¹	3	5
Ginger Snaps, <i>Nabisco</i>	4 (28 g)	2.5	10	210	Yes ¹	3	5
Ginger Snaps, <i>Royal Crest</i>	6 (30 g)	4	10	135	Yes ¹	4	7
Ginger Snaps, <i>Salerno</i>	5 (29 g)	4.5	8	140	Yes ¹	4	7
Ginger Snaps, <i>Stop & Shop</i>	3 (33 g)	3	11	120	Yes ¹	2	3
Ginger Snaps, <i>Sunshine</i>	7 (29 g)	4.5	9	150	Yes ¹	4	8
Ginger Snaps, <i>Sweetzels</i>	3 (33 g)	3	11	120	Yes ¹	2	3

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Product Name and Manufacturer	Manufacturer's Serving Information				After-School Snack Program Serving Information		
	Number of Cookies and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Ginger Snaps, Old Fashioned, <i>Bud's Best</i>	7 (28 g)	6	8	125	Yes ¹	4	8
Gingerbread Cookies, Iced, <i>Salerno</i>	5 (28 g)	6	6	135	Yes ³	6	12
Girl Scout Animal Treasures, <i>ABC Bakers</i>	2 (37 g)	9	12	115	Yes ³	2	4
Girl Scout Chalet Cremes, Sugar Free, <i>Little Brownie Bakers</i>	4 (30 g)	6	0	55	Yes ³	5	9
Girl Scout Samoas, <i>Little Brownie Bakers</i>	2 (30 g)	9	12	45	Yes ³	3	5
Girl Scout Shortbread, <i>ABC Bakers</i>	4 (26 g)	6	6	135	Yes ¹	3	5
Girl Scout Shortbread, <i>ABC Cookie Bakers</i>	4 (26 g)	7	6	140	Yes ¹	3	5
Girl Scout Thin Mints, <i>ABC Cookie Bakers</i>	4 (31 g)	9	11	140	Yes ³	4	9
Glengarry Almond Shortbread, <i>Pepperidge Farm</i>	1 (16 g)	4.5	3	55	Yes ¹	1	2
Glengarry Butter Shortbread, <i>Pepperidge Farm</i>	1 (16 g)	4.5	3	60	Yes ¹	1	2
Golden Bars, <i>Stella D'Oro</i>	1 (27 g)	3.5	8	60	Yes ¹	1	2
Golden Fruit Apple Biscuits, Low Fat, <i>Sunshine</i>	1 (20 g)	1	7	60	Yes ³	2	4
Golden Fruit Cranberry Biscuits, Low Fat, <i>Sunshine</i>	1 (20 g)	2	6	55	Yes ³	2	4
Golden Fruit Raisin Biscuits, Low Fat, <i>Sunshine</i>	1 (20 g)	1.5	9	50	Yes ³	2	4
Golden Selection, <i>Pepperidge Farm</i>	4 (31 g)	7	9	105	Yes ¹	3	4
Golden Vanilla Wafers, <i>Sweetzels</i>	7 (31g)	5	8	94	No ²		
Grandma's Oatmeal Apple Spice, <i>Frito Lay</i>	1 (39 g)	6	9	220	Yes ³	1	2
Grandma's Chocolate Chip, <i>Frito Lay</i>	1 (39 g)	9	11	130	Yes ³	1	2
Grandma's Peanut Butter Cookie, <i>Frito Lay</i>	1 (39 g)	9	10	180	Yes ¹	1	1
Grandma's Peanut Butter Chocolate Chip, <i>Frito Lay</i>	1 (39 g)	10	13	170	Yes ³	1	2

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Product Name and Manufacturer	Manufacturer's Serving Information				After-School Snack Program Serving Information		
	Number of Cookies and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Grandma's Vanilla Mini Cookies, <i>Frito Lay</i>	9 (31 g)	7	10	80	Yes ¹	5	10
Granola Bar, Apple Berry (Low Fat), <i>Big Y</i>	1 (28 g)	2	10	80	Yes ³	2	3
Granola Bar, Chewy, Apple Berry, Fat Free, <i>Quaker</i>	1 (28 g)	2	10	80	Yes ³	2	3
Granola Bar, Chewy, Apple Cinnamon, <i>Stop & Shop</i>	1 (28 g)	4	9	35	Yes ³	2	3
Granola Bar, Chewy, Chocolate Chip, <i>Shaw's</i>	1 (28g)	4	10	30	Yes ³	2	3
Granola Bar, Chewy, Chocolate Chip, <i>Stop & Shop</i>	1 (28 g)	4	10	30	Yes ³	2	3
Granola Bar, Chewy, Chocolate Chip Peanut Butter, <i>Stop & Shop</i>	1 (28 g)	4	10	40	Yes ³	2	3
Granola Bar, Chewy, Chocolate Chunk, <i>Stop & Shop</i>	1 (28 g)	2	10	80	Yes ³	2	3
Granola Bar, Chewy, Chocolate Chunk, <i>Kingston</i>	1 (28 g)	2	10	110	Yes ³	2	3
Granola Bar, Chewy, Chocolate Chunk (Low Fat), <i>Quaker</i>	1 (28 g)	2	9	80	Yes ³	2	3
Granola Bar, Chewy, Golden Almond, <i>McKee Foods</i>	1 (28 g)	7	8	65	Yes ³	2	3
Granola Bar, Chewy, Raisin Nut, <i>Stop & Shop</i>	1 (28 g)	6	9	35	Yes ³	2	3
Granola Bar, Chewy Low Fat, Chocolate Chip, <i>Nature Valley</i>	1 (28 g)	2	6	80	Yes ³	2	3
Granola Bar, Chewy, Chocolate Chip, <i>Quaker</i>	1 (28 g)	4	9	70	Yes ³	2	3
Granola Bar, Chewy, Cookies & Cream (Low Fat), <i>Quaker</i>	1 (28 g)	2	10	95	Yes ³	2	3
Granola Bar, Chewy, Oatmeal Cookie (Low Fat), <i>Big Y</i>	1 (28 g)	2	10	105	Yes ³	2	3
Granola Bar, Chewy Peanut Butter and Chocolate Chips, <i>Quaker</i>	1 (28 g)	4.5	8	105	Yes ³	2	3
Granola Bar, Chewy, Peanut Butter Chocolate Chip, <i>Big Y</i>	1 (28 g)	4.5	8	105	Yes ³	2	3
Granola Bar, Chewy, S'mores (Low Fat), <i>Quaker</i>	1 (28 g)	2	9	80	Yes ³	2	3

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	Number of Cookies and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Granola Bar, Chewy, S'Mores (Low Fat), <i>Big Y</i>	1 (28 g)	2	10	80	Yes ³	2	3
Granola Bar, Chocolate Chip, <i>Big Y</i>	1 (28 g)	4	9	70	Yes ³	2	3
Granola Bar, Chips Ahoy, <i>Nabisco</i>	1 (28 g)	4	11	45	Yes ³	2	3
Granola Bar, Crunchy, Cinnamon, <i>Nature Valley</i>	2 (47 g)	8	12	170	Yes ²	2	3
Granola Bar, Crunchy, Cinnamon, <i>Stop & Shop</i>	2 (47 g)	8	13	120	Yes ²	2	3
Granola Bar, Crunchy, Oats 'n Honey, <i>Nature Valley</i>	2 (47 g)	8	12	170	Yes ²	2	3
Granola Bar, Crunchy, Oats 'n Honey, <i>Stop & Shop</i>	2 (47 g)	9	13	120	Yes ²	2	3
Granola Bar, Crunchy, Peanut Butter, <i>Nature Valley</i>	2 (47 g)	8	12	170	Yes ²	2	3
Granola Bar, Nutter Butter, <i>Nabisco</i>	1 (28 g)	4	10	45	Yes ³	2	3
Granola Bar, Oreo, <i>Nabisco</i>	1 (28 g)	4	10	70	Yes ³	2	3
Granola Cookie, <i>Archway</i>	2 (28 g)	0	14	120	Yes ³	3	5
Hannover Waffelen, <i>Bahlsen</i>	5 (28 g)	10	8	35	No ⁴		
Healthy Breakfast Bars, Fat Free Strawberry, <i>Health Valley</i>	1 (38 g)	0	13	25	Yes ³	1	2
Healthy Chips, Fat Free, <i>Healthy Valley</i>	3 (33 g)	0	7	40	Yes ³	3	6
Hydrox, <i>Sunshine</i>	3 (31 g)	7	11	125	NR ⁵		
Hydrox Reduced Fat, <i>Sunshine</i>	3 (31 g)	4	12	140	Yes ³	3	7
Iced Animal Cookies, <i>Keebler</i>	6 (32 g)	5	9	110	Yes ³	6	12
Iced Apple Spice, <i>Famous Amos</i>	7 (31 g)	2	9	80	Yes ³	7	15
Iced Dutch Apple, <i>Sun Glory</i>	4 (28 g)	5	8	95	Yes ³	5	9
Iced Fudgies, <i>Sun Glory</i>	4 (28 g)	6	8	140	Yes ³	5	9
Iced Gingersnaps, <i>Famous Amos</i>	7 (31 g)	1.5	11	110	Yes ³	7	15
Iced Lemon, <i>Famous Amos</i>	7 (31 g)	1.5	11	125	Yes ³	7	15
Iced Oatmeal, <i>Archway</i>	1 (16 g)	3	6	85	Yes ³	2	4
Iced Oatmeal, <i>Marietta's</i>	2 (28 g)	4	9	95	Yes ³	3	5
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Iced Oatmeal, <i>Nabisco</i>	1 (17 g)	3	6	55	Yes ³	2	4
Iced Raisin Oatmeal, Fat Free, <i>Pepperidge Farm</i>	1 (18 g)	0	6	45	Yes ³	2	4
Jelly Tops, <i>Mrs. Alison's</i>	5 (28 g)	7	8	45	No ⁴		
Jingles Anise Flavored Cookies, <i>Salerno</i>	6 (31 g)	5	9	115	Yes ¹	4	6
Jingles Holiday Cookies, <i>Sunshine</i>	6 (31 g)	5	9	115	Yes ¹	4	6
Kudos Chocolate Chip, <i>M & M Mars</i>	1 (27.8 g)	4.5	11	70	NR ⁵		
Kudos M & M, <i>M & M Mars</i>	1 (23.2 g)	2.5	9	105	No ⁴		
Kudos Milk Chocolate Fudge, <i>M & M Mars</i>	1 (27.8 g)	4.5	13	70	NR ⁵		
Kudos Milk Chocolate Peanut Butter, <i>M & M Mars</i>	1 (27.8 g)	5	11	80	NR ⁵		
Lady Stella Cookie Assortment, <i>Stella D'Oro</i>	3 (28 g)	5	8	55	Yes ³	4	7
Le Chocolatier, <i>LU</i>	3 (30 g)	11	12	15	NR ⁵		
Le Truffée, <i>LU</i>	4 (33 g)	11	15	15	NR ⁵		
Leibniz (Butter Biscuits), <i>Bahlsen</i>	6 (31 g)	4	6	125	No ⁴		
Lemon Coolers, <i>Sunshine</i>	5 (30 g)	6	10	100	Yes ¹	3	6
Lemon Nut Crunch, <i>Pepperidge Farm</i>	3 (31 g)	9	7	60	Yes ³	3	7
Lemon Nuggets, Fat Free, <i>Archway</i>	4 (30 g)	0	11	140	Yes ¹	3	5
Lido, <i>Pepperidge Farm</i>	3 (31 g)	9	7	45	Yes ³	3	7
Little Stuff Bite Size Sandwich Cremes, French Vanilla, <i>Bud's Best</i>	7 (30 g)	6	9	70	Yes ³	8	15
Lorna Doone, <i>Nabisco</i>	4 (29 g)	7	6	130	Yes ¹	3	5

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Mallomars, <i>Nabisco</i>	2 (26 g)	5	13	35	NR ⁵		
Margherite Combination, <i>Stella D'Oro</i>	2 (32 g)	6	9	75	Yes ¹	2	4
Margherite Cookies, <i>Stella D'Oro</i>	2 (32 g)	5	8	90	Yes ¹	2	4
Marie LU, <i>LU</i>	3 (35 g)	6	6	170	Yes ³	3	6
Marshmallow Pinwheels, <i>Nabisco</i>	1 (30 g)	5	16	35	No ⁴		
Milano, <i>Pepperidge Farm</i>	3 (34 g)	10	11	80	Yes ³	3	6
Milano Double Chocolate, <i>Pepperidge Farm</i>	2 (28 g)	8	10	70	NR ⁵		
Milano Milk Chocolate, <i>Pepperidge Farm</i>	3 (35 g)	10	11	80	Yes ³	3	6
Milano Mint, <i>Pepperidge Farm</i>	2 (26 g)	8	9	70	Yes ³	3	5
Milano Orange, <i>Pepperidge Farm</i>	2 (26 g)	8	6	70	Yes ³	3	5
Milk and Cereal Bar, Chex, <i>General Mills</i>	1 (40 g)	4	13	150	Yes ³	1	2
Milk and Cereal Bar, Cinnamon Toast Crunch, <i>General Mills</i>	1 (45 g)	4	19	160	Yes ³	1	2
Milk and Cereal Bar, Honey Nut Cheerios, <i>General Mills</i>	1 (40 g)	4	16	150	Yes ³	1	2
Milk Chocolate Macademia, Soft Baked, <i>Pepperidge Farm</i>	1 (26 g)	6	9	55	Yes ³	2	3
Milk Chocolate Ripple Fat Free, <i>Pepperidge Farm</i>	1 (18 g)	0	7	60	NR ⁵		
Mini Butter Flavored Cookies, <i>Salerno</i>	25 (30 g)	6	6	125	Yes ¹	14	26
Molasses, Old Fashioned, <i>Archway</i>	1 (28 g)	3	10	150	Yes ¹	1	2
Molasses, Iced, <i>Archway</i>	1 (28 g)	3	10	170	Yes ³	2	3
Mrs. Alison's Cookies, <i>Parmalat</i>	9 (28 g)	5	7	85	No ⁴		
Mystic Mint, <i>Nabisco</i>	1 (17 g)	4	8	65	NR ⁵		
Nantucket (Chocolate Chunk), <i>Pepperidge Farms</i>	1 (26 g)	7	8	75	Yes ³	2	3
Newtons Cobblers, Apple Cinnamon, <i>Nabisco</i>	1 (22 g)	0	10	40	Yes ³	2	3
Newtons Cobblers, Peach, <i>Nabisco</i>	1 (22 g)	0	10	55	Yes ³	2	3

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Nice, <i>Peek Freans</i>	4 (34 g)	6	9	100	Yes ¹	2	4
Nilla Wafers, <i>Nabisco</i>	8 (32 g)	7	12	105	Yes ¹	4	8
Nilla Wafers, Chocolate, <i>Nabisco</i>	8 (29 g)	2	12	120	Yes ¹	5	9
Nilla Wafers, Reduced Fat, <i>Nabisco</i>	8 (29 g)	2	12	105	Yes ¹	5	9
Nutri-Grain Cereal Bars, Apple Cinnamon Low-Fat, <i>Kellogg's</i>	1 (37 g)	3	12	110	Yes ³	1	2
Nutri-Grain Cereal Bars, Blueberry Low-Fat, <i>Kellogg's</i>	1 (37 g)	3	12	110	Yes ³	1	2
Nutri-Grain Cereal Bars, Raspberry Low-Fat, <i>Kellogg's</i>	1 (37 g)	3	12	110	Yes ³	1	2
Nutri-Grain Cereal Bars, Strawberry Low-Fat, <i>Kellogg's</i>	1 (37 g)	3	13	110	Yes ³	1	2
Nutter Butter Bites (Peanut Butter Sandwich Cookies), <i>Nabisco</i>	10 (30 g)	7	10	125	Yes ³	11	21
Nutter Butter Peanut Creme Patties, <i>Nabisco</i>	5 (31 g)	9	8	180	NR ⁵		
Nutter Butter Sandwich Cookies, <i>Nabisco</i>	2 (28 g)	6	8	110	Yes ³	3	5
Oatmeal, <i>America's Choice</i>	1 (16 g)	3	5	60	Yes ¹	1	2
Oatmeal, <i>Archway</i>	1 (27 g)	3	10	95	Yes ¹	1	2
Oatmeal, Breaktime, <i>Dare</i>	4 (30 g)	5	10	250	Yes ¹	3	5
Oatmeal, <i>Marietta's</i>	2 (28 g)	4	9	90	Yes ¹	2	3
Oatmeal, <i>Nabisco</i>	1 (17 g)	3	5	65	Yes ¹	1	2
Oatmeal Chocolate Chip, <i>Sunshine</i>	3 (36 g)	8	11	130	Yes ³	3	6
Oatmeal, Country Style, <i>Sunshine</i>	3 (35 g)	7	10	160	Yes ³	2	3
Oatmeal, Homestyle, <i>Nugget</i>	2 (26 g)	5	18	122	Yes ¹	2	3
Oatmeal Macaroon, <i>Famous Amos</i>	3 (32 g)	7	12	70	NR ⁵		
Oatmeal 'n Raisin Iced, <i>Sun Glory</i>	5 (31 g)	6	10	190	Yes ³	5	11
Oatmeal Raisin, <i>Archway</i>	1 (28 g)	4	13	115	Yes ³	2	3
Oatmeal Raisin Cookies, <i>Famous Amos</i>	4 (30 g)	5	10	140	Yes ³	3	5
Oatmeal Raisin Cookies, <i>World Classics</i>	2 (30 g)	6	10	100	Yes ³	3	5
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Oatmeal Raisin Soft & Chewy, <i>Stop & Shop</i>	1 (20 g)	5	6	75	Yes ³	2	4
Oatmeal Raisin Soft Baked, <i>Pepperidge Farm</i>	1 (26 g)	3	10	85	Yes ³	2	3
Oatmeal Raisin Iced Fat Free, <i>Greenfield</i>	1 (18 g)	0	7	40	Yes ³	2	4
Oatmeal Raspberry, Fat Free, <i>Archway</i>	1 (28 g)	0	13	170	Yes ³	2	3
Oatmeal, Traditional, <i>Peek Freans</i>	1 (20 g)	3	7	100	Yes ¹	2	4
Oatmeal with Raisin, <i>Sunshine</i>	3 (35 g)	7	10	160	Yes ³	2	3
Oreos, <i>Nabisco</i>	3 (33 g)	7	13	220	NR ⁵		
Oreos, Double Stuff, <i>Nabisco</i>	2 (28 g)	7	12	150	NR ⁵		
Oreos, Mini, <i>Nabisco</i>	9 (29 g)	6	11	150	Yes ³	10	20
Oreos, Reduced Fat, <i>Nabisco</i>	3 (32 g)	3.5	13	210	Yes ³	3	6
Peach Apricot Fruit Filled Cobblers, <i>Nabisco</i>	1 (23 g)	0	8	65	Yes ³	2	3
Peach Apricot Pastry Cookies, Sodium Free, <i>Stella D'Oro</i>	1 (21 g)	3	2	0	Yes ³	2	3
Peanut Butter, <i>Famous Amos</i>	3 (32 g)	7	9	115	NR ⁵		
Peanut Butter Creme Sandwich Cookies, <i>Marietta's</i>	3 (32 g)	6	13	95	Yes ³	3	6
Peanut Butter Creme Sandwich Cookies, <i>Stop & Shop</i>	3 (33 g)	6	12	100	Yes ³	3	6
Peanut Butter Cremes, <i>Murray</i>	3 (28 g)	6	7	110	Yes ³	3	6
Peanut Jumbles, <i>Archway</i>	1 (28 g)	7	8	90	Yes ¹	1	2
Pecan Sandies, <i>Keebler</i>	1 (16 g)	5	3	75	Yes ³	2	4
Pecan Sandies Reduced Fat, <i>Keebler</i>	1 (15 g)	3	3	55	Yes ³	3	5
Petit Beurre, LU	4 (33 g)	4	6	210	No ⁴		
Petit Beurre, <i>Peek Freans</i>	4 (28 g)	4	5	115	Yes ¹	3	5
Petit Ecolier, LU	2 (25 g)	6	9	55	NR ⁵		
Pfeffernusse Spice Drop Cookies, <i>Stella D'Oro</i>	3 (27 g)	3	13	55	NR ⁵		

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Product Name and Manufacturer	Manufacturer's Serving Information				After-School Snack Program Serving Information		
	Number of Cookies and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Pillsbury Cookies, <i>Pillsbury</i>	2 (28 g)	7	8	105	Yes ¹	2	3
Pims Chocolate and Orange, <i>LU</i>	2 (25 g)	4	13	20	NR ⁵		
Pims Chocolate and Raspberry, <i>LU</i>	2 (25 g)	3	12	35	NR ⁵		
Pinwheels, <i>Nabisco</i>	1 (30 g)	5	16	35	NR ⁵		
Raisinets Oatmeal Cookies, <i>Delicious</i>	3 (32 g)	4.5	9	95	Yes ³	3	6
Raspberry Filled, <i>Archway</i>	1 (28 g)	4	9	90	Yes ³	2	3
Rich Tea, <i>Peek Freans</i>	4 (34 g)	5	7	150	Yes ¹	2	4
Rocky Road Gourmet, <i>Archway</i>	1 (28 g)	6	8	85	Yes ³	2	3
Roman Egg Biscuits, <i>Stella D'Oro</i>	1 (34 g)	5	9	125	Yes ¹	1	2
Ruth's Golden Oatmeal, <i>Archway</i>	1 (28 g)	4.5	11	135	Yes ¹	2	3
Sausalito (Milk Chocolate Macadamia), <i>Pepperidge Farms</i>	1 (26 g)	7	8	110	Yes ³	2	3
Santa Fe (Oatmeal Raisin), Soft Baked, <i>Pepperidge Farm</i>	1 (26 g)	4.5	7	110	Yes ³	2	3
Scooter Pie, <i>Salerno</i>	1 (33 g)	5	13	80	No ⁴		
Select Swirls, Lemon & Creme, <i>Stop & Shop</i>	2 (30 g)	6	13	45	Yes ³	3	5
Select Swirls, Strawberries & Creme, <i>Stop & Shop</i>	2 (30 g)	6	12	50	Yes ³	3	5
Select Very Chocolate Chip, <i>Stop & Shop</i>	2 (30 g)	9	11	65	NR ⁵		
Select Very Cranberry Butter Pecan, <i>Stop & Shop</i>	2 (29 g)	7	8	70	Yes ³	3	5
Select Very Raisin Oatmeal, <i>Stop & Shop</i>	2 (33 g)	6	11	50	NR ⁵		
Select Very Toffee & Chocolate Chip, <i>Stop & Shop</i>	2 (29 g)	8	9	105	Yes ³	3	5
Selection de Choix, <i>Pepperidge Farm</i>	5 (29 g)	7	8	60	No ⁴		
Shortbread, <i>Big Y</i>	4 (33 g)	9	6	60	Yes ¹	2	4
Shortbread, <i>Mrs. Alison's</i>	5 (28 g)	5	5	100	NR ⁵		
Shortbread, <i>Pepperidge Farm</i>	2 (26 g)	7	5	105	Yes ¹	2	3

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Product Name and Manufacturer	Manufacturer's Serving Information				After-School Snack Program Serving Information		
	Number of Cookies and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Shortbread, <i>Shaw's</i>	4 (33g)	8	5	50	Yes ¹	3	5
Shortbread, Fudge Striped, <i>Stop & Shop</i>	2 (27 g)	7	8	130	Yes ³	3	5
Shortcake, <i>Peek Freans</i>	2 (27 g)	7	5	70	Yes ¹		
Simply Sandies, <i>Keebler</i>	1 (15 g)	4.5	3	75	Yes ³	3	5
Snackwells Bite Size Chocolate Chip, <i>Nabisco</i>	13 (29 g)	3.5	10	170	Yes ³	15	29
Snackwells Cereal Bars, Apple Cinnamon, <i>Nabisco</i>	1 (37 g)	0	16	105	Yes ³	1	2
Snackwells Cereal Bars, Blueberry, <i>Nabisco</i>	1 (37 g)	0	15	110	Yes ³	1	2
Snackwells Cereal Bars, Strawberry, <i>Nabisco</i>	1 (37 g)	0	17	105	Yes ³	1	2
Snackwells Chocolate Fudge Cookies, <i>Pillsbury</i>	2 (28 g)	1.5	10	95	Yes ³	3	5
Snackwells Chocolate Truffle Cookie Cake, <i>Nabisco</i>	1 (18 g)	0	8	55	NR ⁵		
Snackwells Chocolate Chip Reduced Fat, <i>Nabisco</i>	13 (29 g)	3.5	10	170	Yes ³	14	29
Snackwells Chocolate Sandwich Cookies with Chocolate Creme, Fat Free, <i>Nabisco</i>	2 (25 g)	2.5	11	220	Yes ³	3	6
Snackwells Creme Sandwich Cookies, Fat Free, <i>Nabisco</i>	2 (26 g)	2.5	10	100	Yes ³	3	6
Snackwells Devil's Food Cookie Cake, Fat Free, <i>Nabisco</i>	1 (16 g)	0	9	25	NR ⁵		
Snackwells Golden Devil's Food Cookie Cake, Fat Free, <i>Nabisco</i>	1 (16 g)	0.5	8	30	NR ⁵		
Snackwells Oatmeal Raisin Cookies, <i>Nabisco</i>	2 (27 g)	2.5	10	135	Yes ³	3	5
Snickers Doodles, <i>Stauffer</i>	4 (28 g)	5	11	80	Yes ¹	3	5
Social Tea Biscuits, <i>Nabisco</i>	6 (28 g)	4	7	105	Yes ¹	4	7
Soft Sugar Drops, <i>Archway</i>	1 (28 g)	4	11	110	Yes ¹	1	2
Sprinkled Animal Cookies, <i>Keebler</i>	6 (32 g)	4.5	10	105	Yes ¹	3	6
Sprinkles Cookies, Breaktime, <i>Dare</i>	4 (30 g)	6	11	190	Yes ³	5	9

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Product Name and Manufacturer	Manufacturer's Serving Information				After-School Snack Program Serving Information		
	Number of Cookies and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Strawberry Filled, <i>Archway</i>	1 (28 g)	4	9	90	Yes ³	2	3
Strawberry Fruit Bar, Fat Free, <i>Famous Amos</i>	2 (29 g)	0	13	50	Yes ³	3	5
Striped Shortbread, <i>Shaw's</i>	3 (28g)	7	7	105	Yes ³	4	7
Sugar Cookies, <i>Archway</i>	1 (28 g)	4	11	190	Yes ¹	1	2
Sugar Cookies, <i>Pepperidge Farms</i>	3 (30 g)	6	10	90	Yes ¹	2	4
Sugar Cookies, <i>Stop & Shop</i>	2 (25 g)	4.5	7	55	Yes ¹	2	3
Sugar Cookies, <i>ValuTime</i>	1 (16 g)	3	5	60	Yes ¹	1	2
Sugar Cookies, Fat Free, <i>Archway</i>	1 (20 g)	0	8	85	Yes ¹	1	2
Sugar Cookies, Homestyle, <i>Nugget</i>	2 (27 g)	5	19	144	Yes ¹	2	3
Sugar Wafers, <i>Nabisco</i>	8 (28 g)	6	13	40	NR ⁵		
Sugar Wafers, <i>Stop & Shop</i>	5 (28 g)	7	12	15	NR ⁵		
Sugar Wafers, <i>Sunshine</i>	3 (26 g)	6	13	20	NR ⁵		
Sugar Wafers, Peanut Butter, <i>Sunshine</i>	4 (32 g)	9	10	75	NR ⁵		
Sweet Crispers Caramel, <i>Nabisco</i>	18 (31 g)	3	11	140	Yes ¹	10	18
Sweet Rewards Fat Free, Blueberry, <i>Betty Crocker</i>	1 (37 g)	0	18	70	NR ⁵		
Sweet Rewards Fat Free, Brownie, <i>Betty Crocker</i>	1 (37 g)	0	18	90	NR ⁵		
Sweet Rewards Fat Free, Strawberry, <i>Betty Crocker</i>	1 (37 g)	0	18	75	NR ⁵		
Swiss Fudge, <i>Stella D'Oro</i>	2 (26 g)	6	10	65	NR ⁵		
Tahoe (White Chunk Macademia), <i>Pepperidge Farm</i>	1 (26 g)	7	7	110	Yes ³	2	3
Teddy Grahams Sandwich Cookies, <i>Nabisco</i>	2 (26 g)	5	9	90	Yes ³	3	5
Tropical Fruit Cookies, <i>Amway</i>	6 (30 g)	3	8	80	Yes ³	7	13
Twix Cookie Bars, <i>M & M Mars</i>	1 (28 g)	7	14	60	NR ⁵		
Twix Peanut Butter Cookie Bars, <i>M & M Mars</i>	1 (25 g)	8	9	70	NR ⁵		
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	Number of Cookies and Weight (in grams)	Total Fat (g)	Sugar (g)	Sodium (mg)	Creditable	Ages 3-5	Ages 6-18
Valentine Cookies, <i>Sun Valley</i>	5 (33 g)	1.5	7	70	Yes ¹	3	5
Vanilla Creme Sandwich, <i>IGA</i>	1 (17 g)	3	6	60	Yes ³	2	4
Vanilla Creme Sandwich, <i>Marietta's</i>	3 (32 g)	6	14	75	Yes ³	3	6
Vanilla Creme Sandwich, <i>Price Chopper</i>	3 (35 g)	6	13	105	Yes ³	3	6
Vanilla Creme Sandwich, <i>Valutime</i>	1 (17 g)	3	6	60	Yes ³	2	4
Vanilla Sandwich Cookies, <i>Famous Amos</i>	3 (32 g)	7	12	70	NR ⁵		
Vanilla Sandwich Cookies, <i>Nabisco</i>	3 (35 g)	8	12	120	Yes ³	3	6
Vanilla Sandwich Creme Cookies, <i>Shaw's</i>	2 (26 g)	5	10	120	Yes ³	3	5
Vanilla Sandwich Creme Cookies, <i>Stop & Shop</i>	2 (26 g)	4.5	7	75	Yes ³	3	5
Vanilla Wafers, <i>Aldi</i>	8 (30 g)	5	11	100	Yes ¹	5	9
Vanilla Wafers, <i>America's Choice</i>	7 (31 g)	6	10	115	Yes ¹	4	7
Vanilla Wafers, <i>Fireside Baking Co.</i>	8 (28g)	4	9	105	Yes ¹	5	9
Vanilla Wafers, <i>IGA</i>	6 (32 g)	6	8	50	Yes ¹	4	6
Vanilla Wafers, <i>Keebler</i>	8 (31 g)	7	9	120	Yes ¹	5	8
Vanilla Wafers, <i>Kingston</i>	6 (32 g)	6	8	50	Yes ¹	4	6
Vanilla Wafers, <i>Nina's</i>	7 (31g)	5	8	94	Yes ¹	5	8
Vanilla Wafers, <i>Stop & Shop</i>	7 (31 g)	7	9	115	Yes ¹	4	8
Vanilla Wafers, <i>Sunshine</i>	7 (31 g)	7	9	110	Yes ¹	4	8
Vanilla Wafers, <i>Sweet Life</i>	6 (32g)	6	8	50	Yes ¹	4	6
Vanilla Wafers, <i>Marietta's, President Baking Co.</i>	11 (31 g)	5	11	100	Yes ¹	6	11
Vanillas Vanilla Wafers, <i>Granny Ella's, Moran Foods</i>	8 (28 g)	3	2	95	Yes ³	5	9
Vienna Fingers, <i>Sunshine</i>	2 (29 g)	6	8	105	Yes ³	3	5
Vienna Fingers, Chocolate Reduced Fat, <i>Sunshine</i>	2 (29 g)	3.5	11	125	Yes ³	3	5
Vienna Fingers, Reduced Fat, <i>Sunshine</i>	2 (29 g)	3.5	10	105	Yes ³	3	5

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